

📍 FF 100AM | 21 MARCH 2026

Special Ketupat Class

HARI RAYA SPECIAL CLASSES

THE SPECIAL KETUPAT MASH-UP CLASSES ARE BACK!

A unique experience that wraps two dynamic classes into one, just like how a ketupat weaves together its flavourful layers.

09:30

MAIN
STUDIO

60 mins

BODYPUMP
MINGFEI



09:30

MIND
& BODY
STUDIO

60 mins

**DYNAMIC
FLOW YOGA**
DAVID



10:45

MAIN
STUDIO

60 mins

BODYATTACK X BODYCOMBAT
BHAS & MING FEI



10:45

MIND
& BODY
STUDIO

60 mins

HATHA YOGA
DAVID



12:00

MIND
& BODY
STUDIO

60 mins

VINYASA YOGA
DESMOND ONG



12:00

MAIN
STUDIO

45 mins

LES MILLS CORE
BHAS



13:00

MAIN
STUDIO

90 mins

BODYCOMBAT
90-minute Special Class
KENNY LYE



13:15

MIND
& BODY
STUDIO

60 mins

YIN YOGA
DESMOND ONG



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09:00

MAIN STUDIO

60 mins
BODYPUMP
GAGE



09:00

MIND & BODY STUDIO

60 mins
GENTLE FLOW YOGA
DESMOND ONG



09:45

CYCLING STUDIO

45 mins
RPM
ALAN TAN



10:15

MAIN STUDIO

60 mins
BODYATTACK
ALBERT



10:15

MIND & BODY STUDIO

60 mins
PILATES
EULIN



11:30

MIND & BODY STUDIO

60 mins
BODYBALANCE
SEAN



11:30

MAIN STUDIO

60 mins
CIRCUIT
FANG



12:45

MIND & BODY STUDIO

60 mins
YIN YOGA
SEAN



12:45

MAIN STUDIO

60 mins
LES MILLS DANCE X BODYCOMBAT
EUGENE & FANG



14:00

MAIN STUDIO

60 mins
BODYJAM
WILI



15:15

MAIN STUDIO

60 mins
BODYCOMBAT
NICHOLAS MAK



📍 FF BUGIS | 21 MARCH 2026

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10:00

MAIN
STUDIO

60 mins
**BODYPUMP
HEAVY**
YU YONG



11:15

MAIN
STUDIO

45 mins
LES MILLS DANCE
NATALIE



12:15

MAIN
STUDIO

60 mins
BODYJAM X BODYCOMBAT
LUCAS & NATALIE



13:30

MAIN
STUDIO

60 mins
BODYCOMBAT
ALBERT



14:45

MAIN
STUDIO

60 mins
BODYPUMP
ALBERT



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08:30

MAIN
STUDIO

45 mins

BODYCOMBAT
YE OH



09:30

MIND
& BODY
STUDIO

60 mins

BODYBALANCE
YE OH



09:30

MAIN
STUDIO

60 mins

BODYPUMP
GLENN



09:45

CYCLING
STUDIO

45 mins

RPM
RANDY



10:45

MAIN
STUDIO

60 mins

LES MILLS CORE X YOGA CORE
GLENN & SOO



12:00

MAIN
STUDIO

60 mins

BODYJAM
ANGELINA YEO



12:00

CYCLING
STUDIO

45 mins

RPM
GLENN



12:00

MIND
& BODY
STUDIO

60 mins

HATHA YOGA
SOO



📍 FF JUNCTION 10 | 21 MARCH 2026

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09:15

**MAIN
STUDIO**

60 mins

BODYCOMBAT
JOYCE LEE



10:30

**MAIN
STUDIO**

60 mins

BODYJAM
JOANNE CHUA



10:45

**CYCLING
STUDIO**

45 mins

RPM
CHONG WEI



13:00

**MAIN
STUDIO**

60 mins

BODYPUMP
JULIAN



11:45

**MAIN
STUDIO**

60 mins

ZUMBA X CORE CONDITIONING
JULIAN & AMILIA



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📍 FF ONE GEORGE STREET | 21 MARCH 2026

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10:45

**MAIN
STUDIO**

90 mins

LES MILLS PILATES X BODYBALANCE
REGINA & JEFFREY



12:30

**MAIN
STUDIO**

45 mins

CIRCUIT
YEOH



13:25

**MAIN
STUDIO**

45 mins

BODYPUMP
YEOH



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📍 FF ONE RAFFLES QUAY | 21 MARCH 2026

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10:30

MIND & BODY STUDIO

90 mins

PILATES X DYNAMIC FLOW YOGA
DAVID CHEW & IAN FUNG



10:00

MAIN STUDIO

60 mins

BODYPUMP HEAVY
RYAN H.



11:00

CYCLING STUDIO

45 mins

RPM
YE OH



11:15

MAIN STUDIO

60 mins

BODYCOMBAT
JUNWEI



14:30

MIND & BODY STUDIO

60 mins

ADVANCED FLOW YOGA
SANDY



15:35

MIND & BODY STUDIO

60 mins

SOUND FLOW PLUS
SANDY



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FF PARAGON | 21 MARCH 2026

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09:00

MAIN STUDIO

60 mins
**BODYPUMP
HEAVY**
LENNART



09:00

MIND & BODY STUDIO

60 mins
BODYATTACK
MERVYN



10:15

MAIN STUDIO

60 mins
LES MILLS DANCE X LES MILLS TONE
EUGENE & MERVYN



10:15

MIND & BODY STUDIO

60 mins
BODYCOMBAT
JO TAN



11:30

MIND & BODY STUDIO

60 mins
PILATES
KAIXIN



11:30

MAIN STUDIO

45 mins
**LES MILLS STRENGTH
DEVELOPMENT**
JO TAN



11:30

CYCLING STUDIO

45 mins
RPM
ALAN TAN



12:45

MIND & BODY STUDIO

60 mins
**GENTLE
FLOW YOGA**
KAIXIN



12:45

FREESTYLE AREA

45 mins
**HYROX
COMPLETE**
TIMOTHY



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📍 FF PAYA LEBAR | 21 MARCH 2026

Special Ketupat Class

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09:30

MAIN
STUDIO

60 mins

BODYPUMP
CJ



10:45

MAIN
STUDIO

45 mins

LES MILLS CORE
CJ



11:45

MAIN
STUDIO

30 mins

**LES MILLS
GRIT STRENGTH**
BRYAN WONG



12:30

MAIN
STUDIO

60 mins

BODYPUMP
JOJO



13:45

MAIN
STUDIO

60 mins

BODYATTACK X BODYCOMBAT
MERVYN & YIRU



15:00

MAIN
STUDIO

60 mins

BODYCOMBAT
KENNETH



16:15

MAIN
STUDIO

60 mins

BODYBALANCE
VALERIE



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📍 FF TAMPINES | 21 MARCH 2026

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09:00

MAIN
STUDIO

60 mins

BODYCOMBAT
MIU



09:00

MIND
& BODY
STUDIO

60 mins

HATHA YOGA
YUANJING



10:15

MAIN
STUDIO

60 mins

BODYCOMBAT X BODYJAM
MIU & AMY

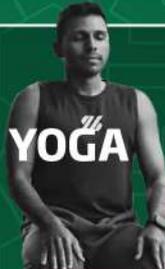


10:15

MIND
& BODY
STUDIO

60 mins

VINYASA YOGA
YUANJING



11:30

MIND
& BODY
STUDIO

60 mins

YIN YOGA
KELVIN CHAI



11:30

MAIN
STUDIO

60 mins

STEP MOVES
AMY



11:30

MAIN
STUDIO

45 mins

RPM
CAROL THEN



12:45

MAIN
STUDIO

45 mins

**LES MILLS
SHAPES**
KELVIN CHAI



12:45

FREESTYLE
AREA

45 mins

**HYROX
COMPLETE**
SHUMIN



13:45

MAIN
STUDIO

45 mins

**BODYPUMP
HEAVY**
SHUMIN



 Special Ketupat Class

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FF WESTGATE | 21 MARCH 2026

Special Ketupat Class

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09:00

MAIN
STUDIO

90 mins

**LES MILLS STRENGTH
DEVELOPMENT X BODYBALANCE**

BRIAN & BENJI



10:30

CYCLING
STUDIO

45 mins

**RPM
ANDY**



10:45

MAIN
STUDIO

60 mins

**BODYJAM
BENEDICT**



12:00

MAIN
STUDIO

60 mins

**BODYCOMBAT
LIK MING**



13:15

MAIN
STUDIO

45 mins

**LES MILLS
SHAPES
ROBYN**



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